

## Activity: The Science: Diabetes Prevention

### Activity Summary Form

**Name of Activity:** “The Science: Diabetes Prevention,” by National Diabetes Education Program (NDEP)

**Tools Needed:**

PowerPoint Presentation

Meeting Room

Computer

Overhead Projector

Participant Evaluation Forms

**Suggested Time:**

15-20 minutes for presentation

10 minutes question/answer period

**Suggested Audience:**

The audience for this presentation can be the following: health care providers (doctors, nurses, physician assistants, medical assistants, etc), social workers, health educators, public health workers, and members of the general public seeking health-related knowledge.

**Objective:** To increase the knowledge of health care professionals and consumers about the risk factors for development of diabetes and pre-diabetes, as well as the prevention of diabetes.

**Learning Objectives for participants:**

At the end of this presentation, those attending the presentation will:

- Agree that Type 2 diabetes is preventable
- Agree that overweight and older age are major risk factors for pre-diabetes
- Agree that pre-diabetes testing for those with the above risk factors is important
- Agree that they learned something new about prevention and pre-diabetes
- Be able to name at least 2 lifestyle interventions to prevent Type 2 diabetes